



Flitwick Moor and Folly Wood

Parking address: Set your satnav to the orange and grey Massmould company at Maulden Road, Flitwick, Bedford MK45 5BZ.

Flitwick Moor and Folly Wood is on the opposite side of Maulden Road from that.

Parking: The Moor is not signposted from the road. As you drive along Maulden Road look out for the large grey/orange building shown below, left. The bumpy lane to the moor's car park is accessed from the opposite side of the road from this. See picture on the right, below.



The lane is across the road from this building.



Drive past where this red car is parked.

Walk: Flitwick Moor is the largest valley mire in Bedfordshire. Mires being a type of wetland with predominantly peat-forming plants.

Peat was extracted on this site for hundreds of years. It was also a place where mineral-rich water was taken from and bottled for sale as a tonic. You can see evidence of the mineral content in the rusty coloured streams off the River Flit.

As you walk over the soft floor of Folly Wood towards the Moor, you will reach a raised wooden deck, which presumably comes into play whenever there have been heavy rains. The wood is a very tranquil place, but with a hint of Georgian swampland about it in parts. Keep an eye out for Burt Reynolds and gators, and listen out for banjos.

The whole area is not massive, around 67 hectares (football pitches), but the wooded area in particular does make for a nice walk with a difference.

Food and drink:

Award winning, revamped, popular, and not too far from Flitwick Moor. The restaurant at the Poplars Garden Centre at Toddington has an enthusiastic group of regular attendees.

Address: Poplars Garden Centre, Harlington Road, Toddington, Dunstable, Bedfordshire, LU5 6HE.

Tel: 0800 026 8664

Website: <https://poplars.co.uk/>